Activity and Sleep Tracker

User manual

Congratulations on your purchase of this Activity and Sleep Tracker. Please read this manual to learn the features and how to use it.

Attention:

1) This watch comes with an internal rechargeable battery. The tracker's battery can last for 7 days after fully charged. Remember to charge it once a week.

2) The watch can store 7 day's data. Please transfer the data to PC every 7 days. Otherwise some data will be lost.

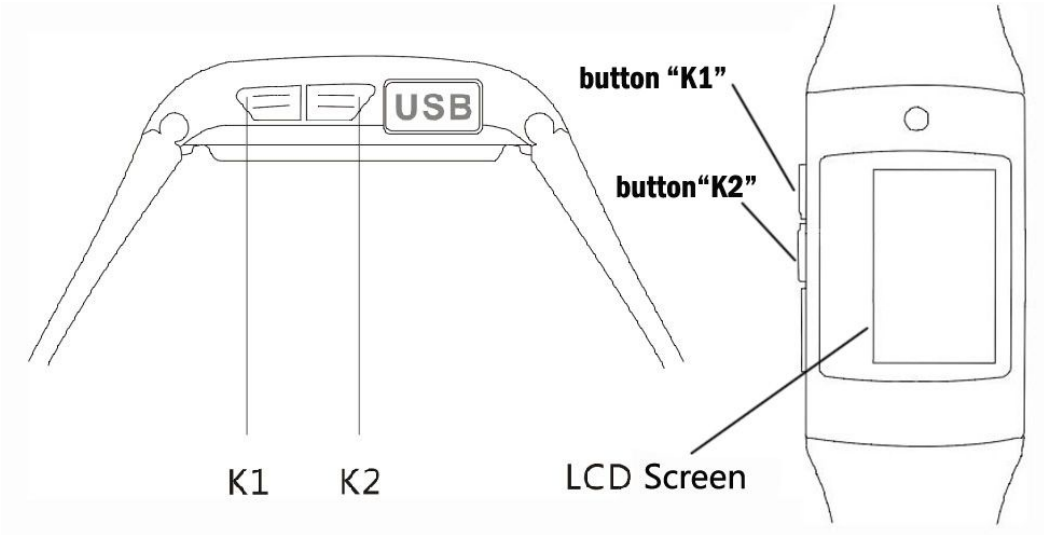
3) Please keep the USB silicon cover close to prevent dust or water.

4) The watch is not a medical device. All the result is only for reference. It is not intended for clinic monitoring.

1. Feature

-Track steps and distance traveled;
-Track sleep quality
-Wake you up silently in the morning;
-Display clock, date and daily stats;
-Sync your stats to your PC.

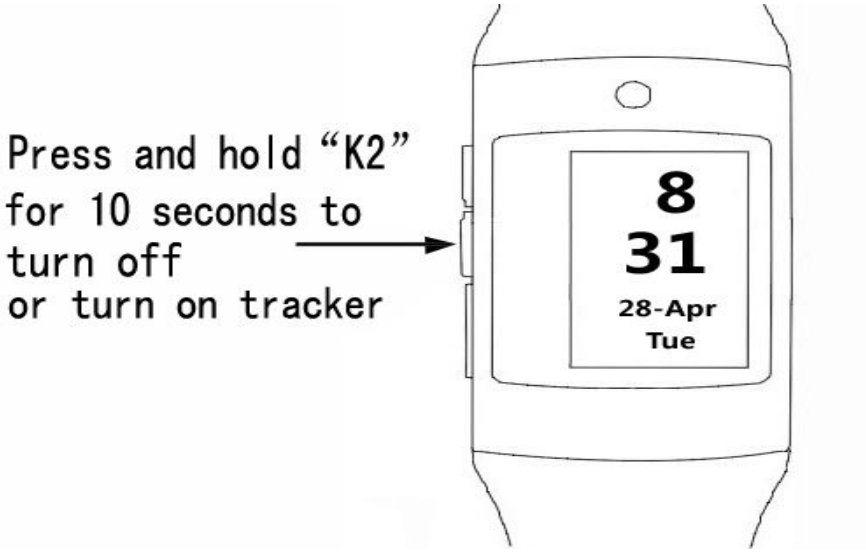
2. Controls and location of parts



K1-function confirmation
K2-menu selection
USB-USB port

3. Using the watch

Power switch: Press and Hold K2 for 10 seconds to turn on and off the watch.

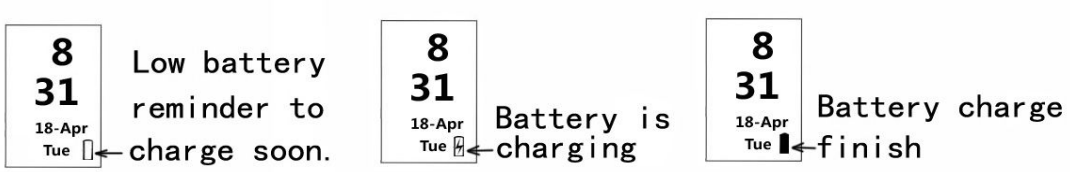


Turn on the backlight ：Tap the tracker’s surface to

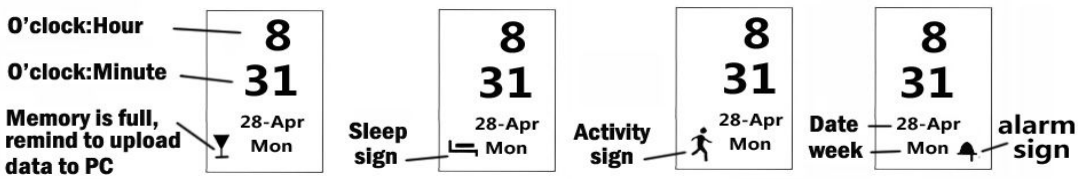
turn on the backlight, if not more operation, the backlight will automatically turn off after 10 seconds.

Sync stats to PC: User can upload the tracker's measuring data to PC.

Battery and charging: To use the watch for the first time, remember to fully charge the battery. The battery is recharged while the watch is connected to a running PC or adaptor via USB cable.
Battery charging takes 2-3 hours.



Homepage:



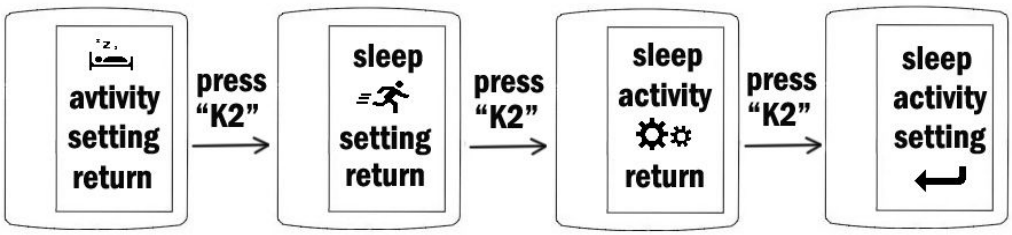
Cup sign : when it appears, please transfer tracker's data to PC soon. Otherwise , some data will lose.

Activity sign 6 It shows when tracking activity.

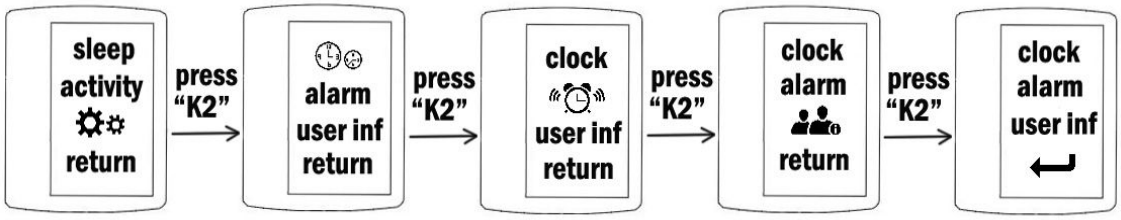
Sleep Sign : it shows when tracking sleep.

Alarm sign : it shows when alarm is set.

Main menu: At home page, press K1 to enter main menu, There are 4 choices: sleep, activity, setting and return. Press“K2” to toggle round. When you select some item, press “K1” to enter next sub menu.

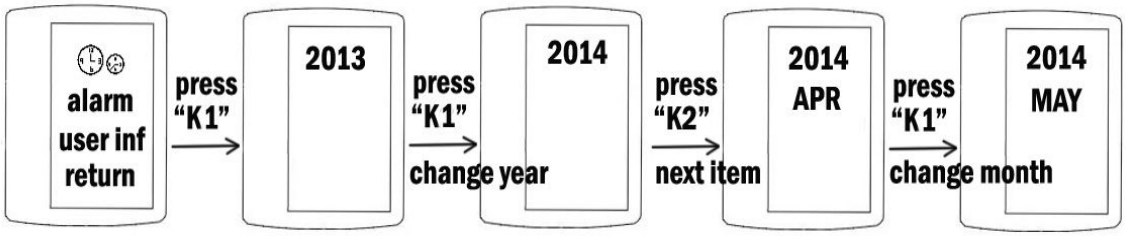


Setting: In this sub menu, user can set user information, clock (date, time and week) and alarm (OA-ordinary alarm, IA-intelligent alarm).

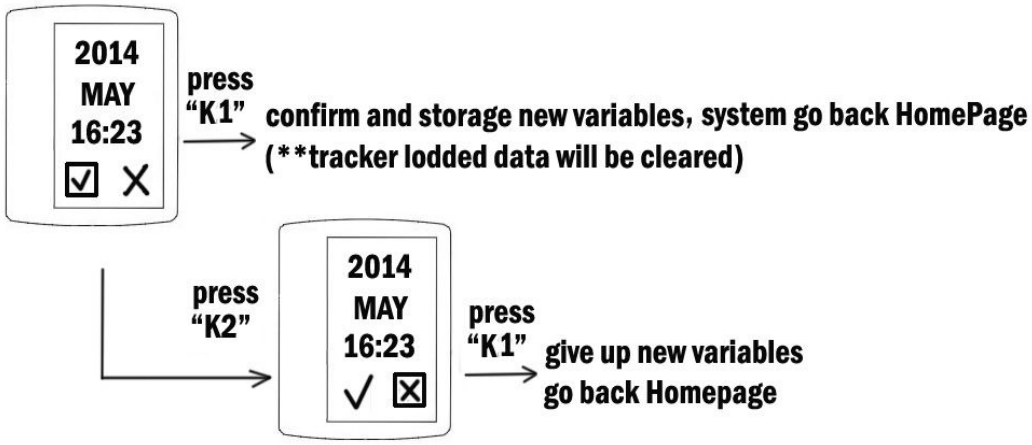


Press K2 to toggle round.

1%Clock: Setting year, month, day and clock;



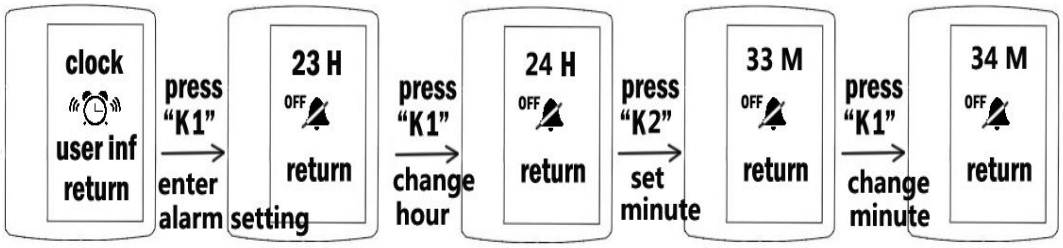
Same way to set month/day/clock. When the time is set, next step as follow：

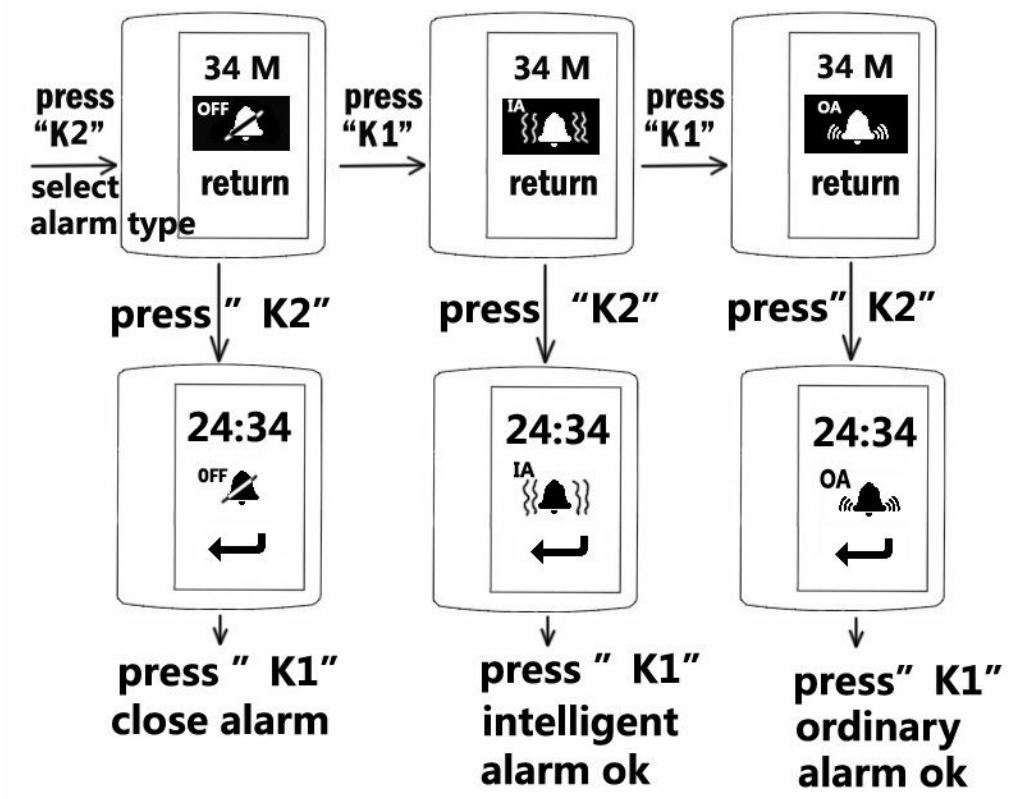


2)Setting alarm 6

OA(ordinary alarm):It will wake up user with buzz at setting time.

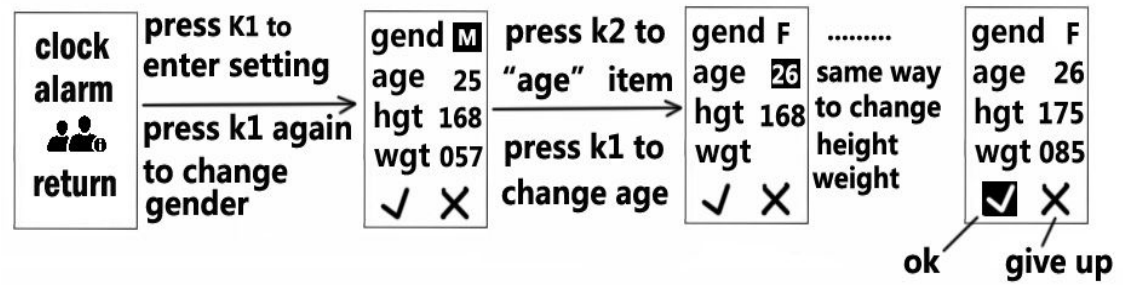
IA(intelligent alarm):It only used when it tracks user's sleep(sleep sign appear in Homepage). After setting alarm(for example 7:15am), the tracker will intelligently find a suitable time to wake up user between 7:00-7:20. (it is 15minutes before and 5 minutes after setting alarm time). The tracker can avoid intelligently user's deep sleep according to his sleep status, wakes you up with vibration to avoid disturbing your partner.





Please note:
a)When the alarm starts, you can press K1 or K2 to stop it.
b)Alarm setting work only one time. User should make setting again for new alarm.
c)After alarm carry out, the alarm sign will disappear from Homepage.

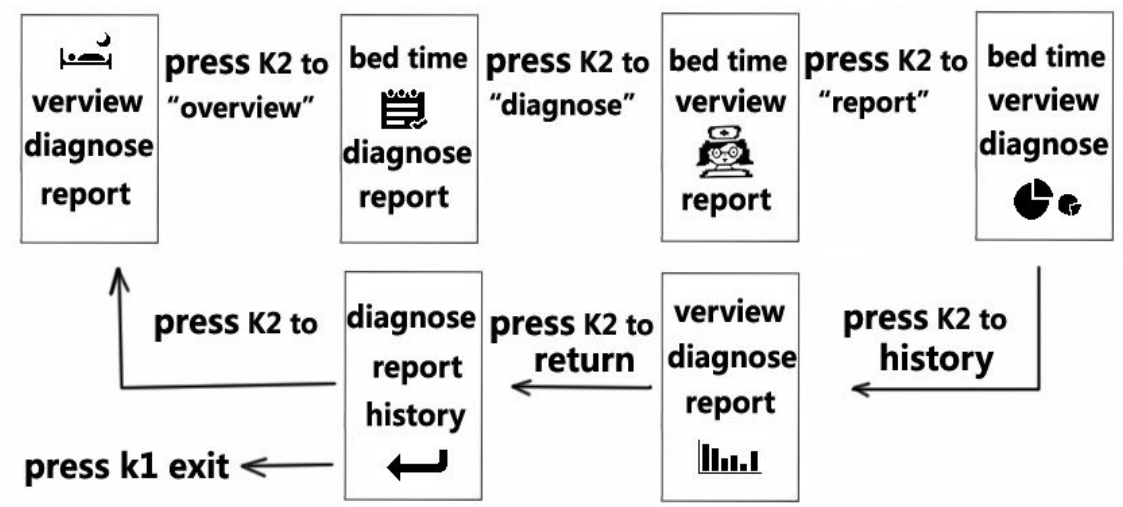
3)Setting user's information : Enter user information to set user's gender(Male/female), age, height(CM), weight(KGS).



Tracking sleep

In main menu, select item “sleep” and press “k1” to enter sleep menu.

Press “k2” to toggle round (bed time , overview , diagnosis , summary , history , return). When you select a submenu, it will become relative icon. Press “k1” enter next submenu.



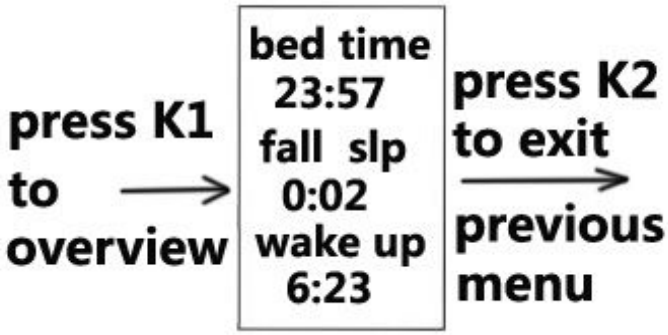
Bed time **6** Press “k1” to start sleep tracking (only works between 20:00-24:00), sleep sign ( ) will appear on the Homepage. This time is very

important for sleep tracking. It will be used to calculate the length from bedtime to falling sleep time(The length is shorter, User's sleep quality is better). When user wakes up in the morning, press "k1" to stop tracking (only works between 5:00-9:00). If user forgets to press "k1", tracker will automatically stop sleep tracking at 9:00. It will not affect sleep tracking result (Please note, in period of 9:00-20:00, sleep track function will not work). In any case, user can only check sleep report after 9:00am of each day.

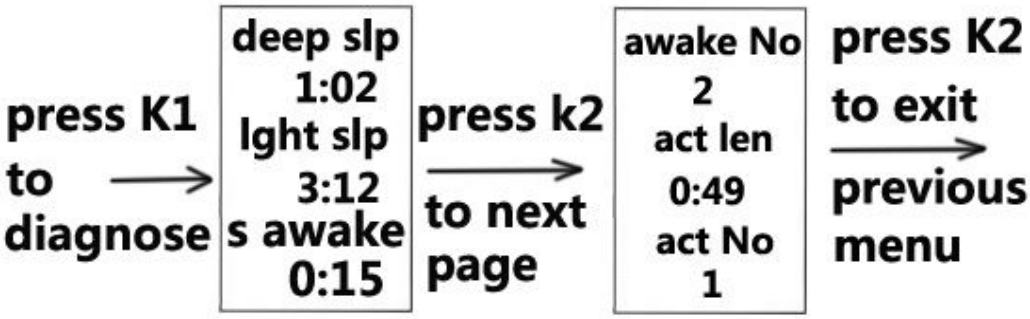
If user doesn't set "bed time ", the tracker will not make sleep tracking.

Hot key to start and stop sleep track 6 In evening (20:00-24:00), at homepage double click "k2" to start sleep tracking. In morning double click "k2" to stop sleep tracking.

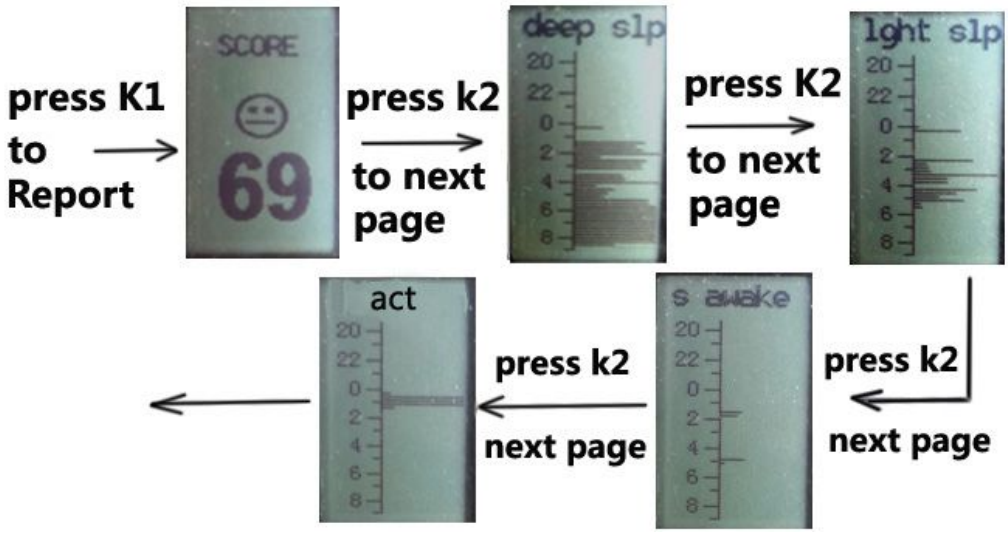
**Overview : ** enter to check last night data including "bed time"(when go to bed), "fall slp" (falling sleep time), "wake up " time .Then press "k2" to previous menu.



Diagnose: Enter to check “deep slp” (deep sleep length), “lght slp” (light sleep length), “s awake” (short awake length), “awake No” (short awake numbers), “act len” (activity length) , “act No” (activity numbers) , press “k2” to previous menu.



Report **:** Press K1 to enter “Report” . Check user’s last night sleep score in first page. The score is higher, the sleep quality is better. Press “k2” to next pages: “deep slp” (deep sleep distribution), “lght slp” (light sleep distribution), “s awake” (short awake distribution) and “act” (activity distribution), histogram unit is 15 minutes”.



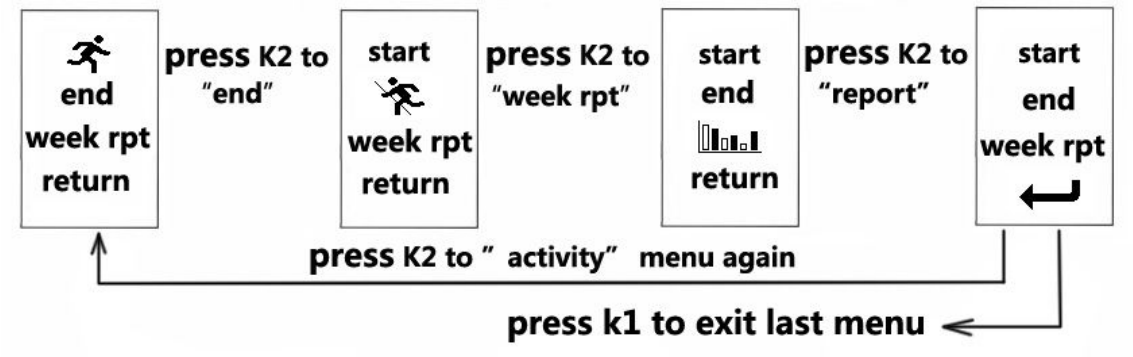
If no tracking last night, the screen displays nothing.

History (last 7 days data) **6** Press k1 to enter history, User can check last 7 days sleep data. Press k2 to toggle round to check “score” (7 days), “deep slp” (last 7 days deep slp length data, “lght slp”(last 7 days light sleep length data, “wake numbers”, “wake length”, score. Press “k2” to toggle circularly.

Tracking activity

In main menu, select “activity” and press “k1” to track activity.

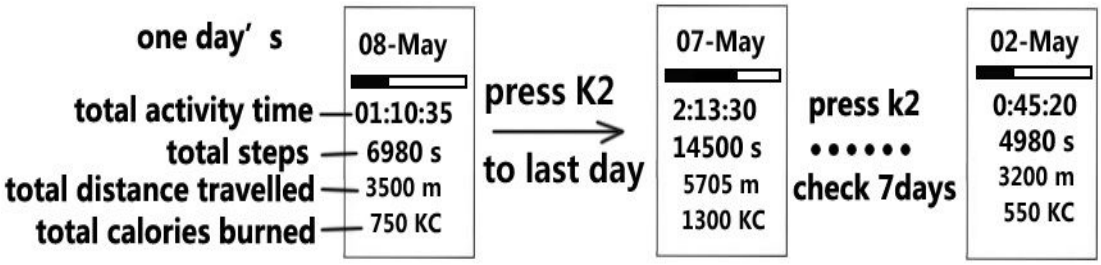
In this menu, there are 3 submenus “start”, “end”, “week rpt”(7 days report). Press “k2” to toggle round in 3 submenus. When user selects a submenu, it will become a relative icon.



Start: Enter activity menu, select "start", press "K1" to track activity. The data refresh each 5 minutes.

End: In activity menu, select "end" and press "k1" to end activity tracking. The screen will display activity data. Press "k2" to return to previous menu.

Week rpt 6 User can check last 7 days activity's data. Each page displays the stat of that day's activity.



7. PC software for data analysis and management in PC

We provide free PC software for data analysis and management. User can download the PC software (MU1 software) from website and install it in PC.

PC requirement configuration

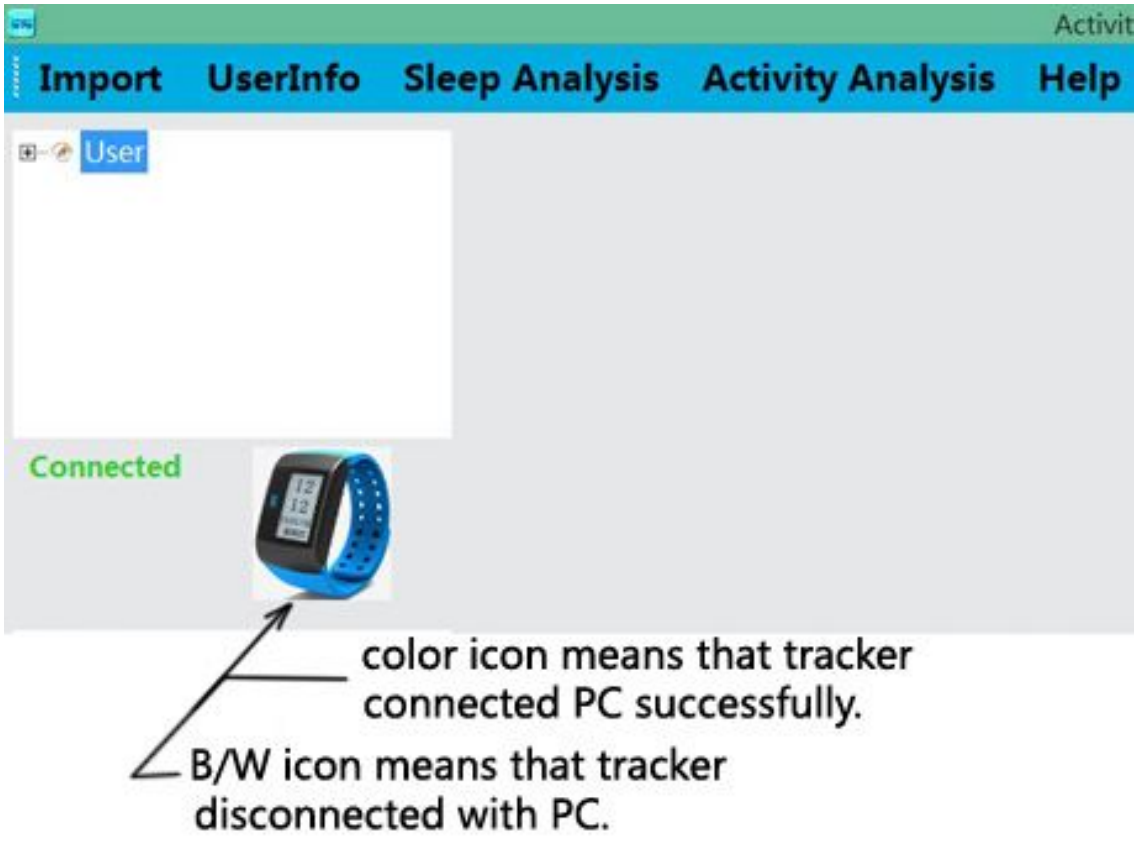
CPU: Intel/AMD 2.0GHz ， ROM:1G Byte ， HD:500Mbyte ， O/S: Windows XP SP3 (32bit)、win7、win8，screen：1024*768 or above.

Software installation:

After installed PC software, user can see “MU1 software” shortcut on PC screen.

Connect the watch to PC

1) Plug the watch to PC by USB cable at first.
2) Double click “MU1 software” to run software. You will see below menu:



Sync data from tracker to PC

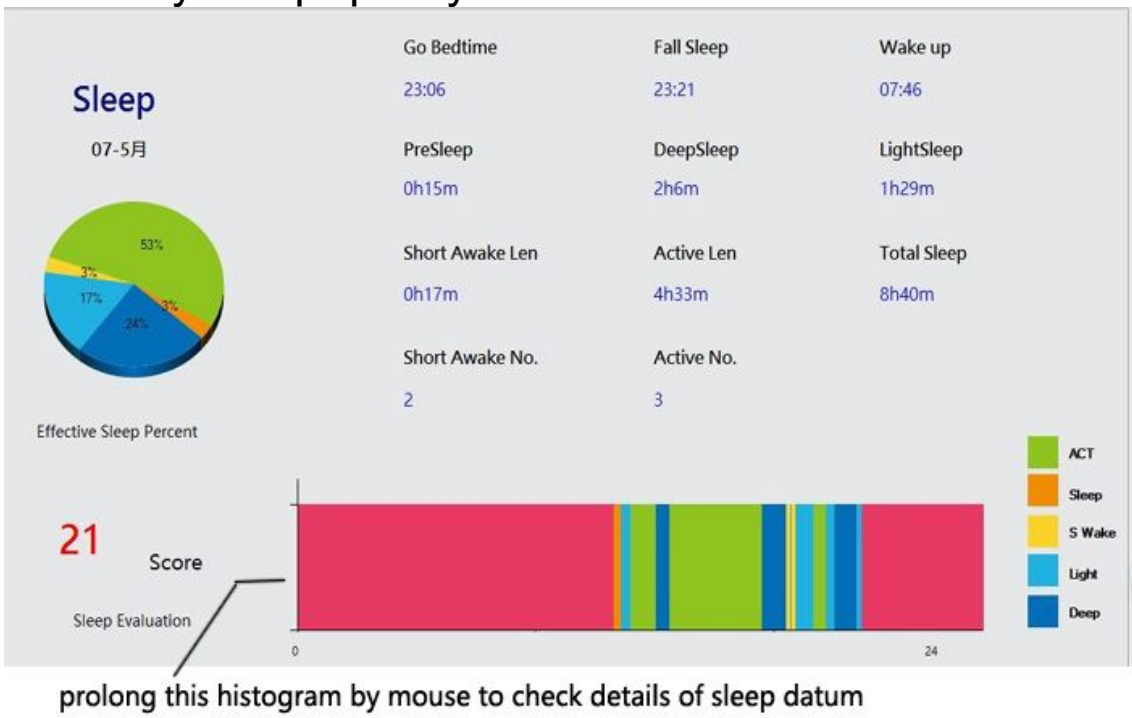
After the watch connected with PC, click “import”, then all data will be transfer to PC. The watch’s memory will be refreshed.

Sleep and Activity data management

1) Daily sleep and activity stats

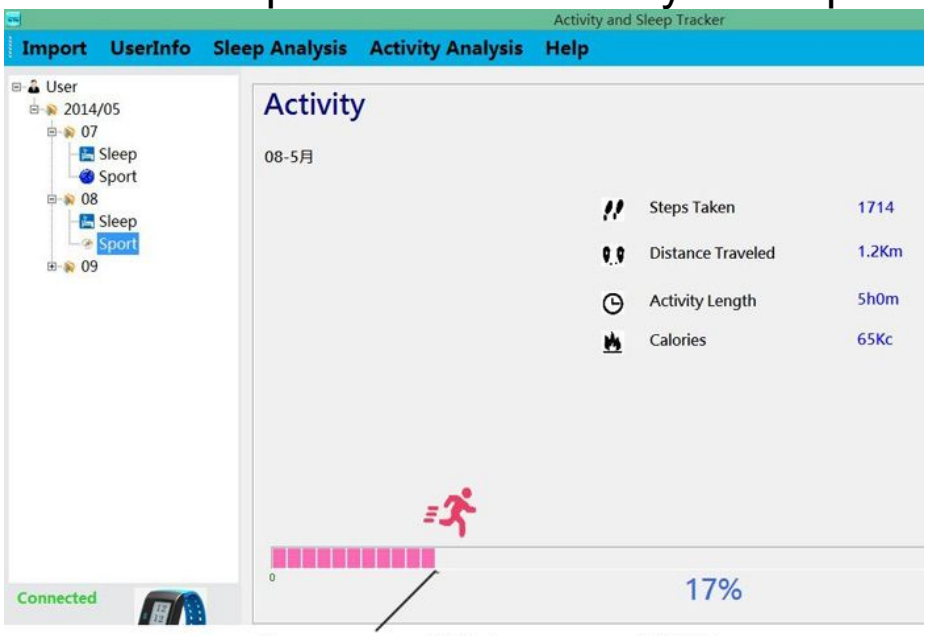
2) Daily sleep

In above interface, click “sleep” to check someday sleep quality.



3%Daily activity

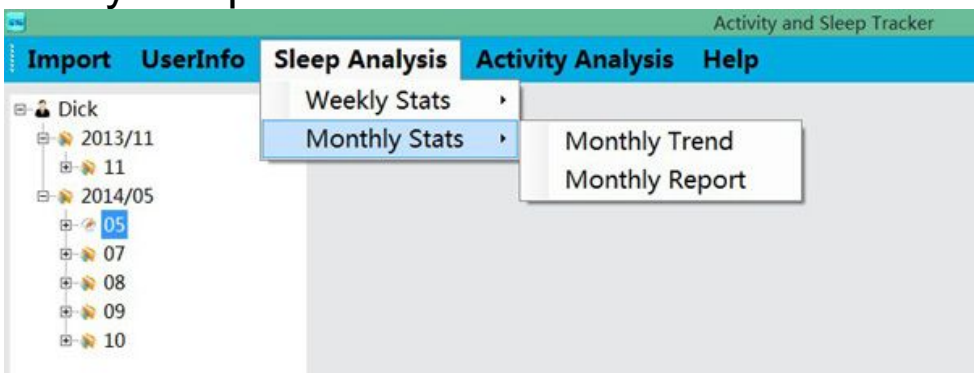
In above interface, click “activity” to check someday activity stats.(WHO suggest people should take 10000 steps at least each day to keep healthy)



Here means,user fulfiled percentage of 10000steps

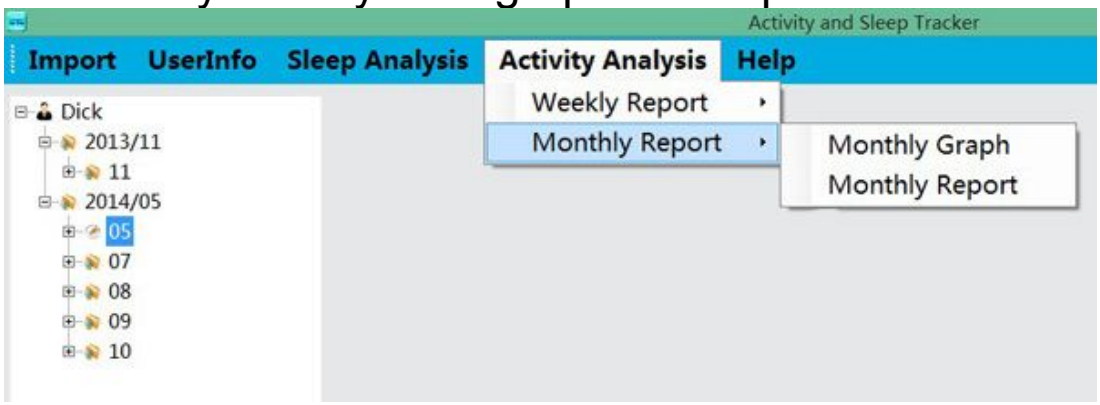
4%Sleep analysis

In this interface, user can check weekly and monthly sleep data and trend.



5) Activity analysis

In this interface, user can check weekly and monthly In this interface, user can check his weekly and monthly activity data graph and report.



Warning

The watch is not a medical device. All the result is only for reference. It is not intended for clinic monitoring.